

## ***Helping the Student with Diabetes Succeed: A Guide for School Personnel***

### **Fact Sheet**

***Helping the Student with Diabetes Succeed: A Guide for School Personnel*** is a comprehensive education and resource guide designed to empower school personnel and administrators to create a safe learning environment and equal access to educational opportunities for students with diabetes. The *School Guide* was produced by the U.S. Department of Health and Human Services' National Diabetes Education Program (NDEP). The NDEP is a Federal initiative jointly sponsored by the National Institute of Diabetes and Digestive and Kidney Diseases of the National Institutes of Health and the Division of Diabetes Translation of the Centers for Disease Control and Prevention with support of over 200 partner organizations.

#### **PURPOSE**

The purpose of the *School Guide* is to:

- educate school personnel about effective diabetes management
- share a set of practices that enable schools to ensure a safe learning environment for students with diabetes

The guide offers a coordinated team approach to help students with diabetes manage routine diabetes care tasks and to take action in case of a diabetes emergency—on the school campus or at school events and field trips.

#### **SUPPORTING ORGANIZATIONS**

Developed with and supported by leading diabetes, pediatric medicine, health professional, and education groups and Federal agencies, the following organizations support use of the guide by school personnel:

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| • American Academy of Pediatrics   | • Juvenile Diabetes Research Foundation International                                |
| • American Alliance for Health, Physical Education, Recreation and Dance | • National Association of Chronic Disease Directors Diabetes Council                 |
| • American Association of Clinical Endocrinologists                      | • National Association of Elementary School Principals                               |
| • American Association of Diabetes Educators                             | • National Association of School Psychologists                                       |
| • American Diabetes Association  | • National Association of Secondary School Principals                                |
| • American Dietetic Association  | • National Education Association Health Information Network                          |
| • American Medical Association   | • National Institute of Diabetes and Digestive and Kidney Diseases                   |
| • Barbara Davis Center for Childhood Diabetes                            | • Pediatric Endocrine Nursing Society  |
| • Centers for Disease Control and Prevention                             | • Pediatric Endocrine Society (formerly: Lawson Wilkins Pediatric Endocrine Society) |
| • Children with Diabetes   | • U.S. Department of Education   |
| • The Endocrine Society  |  |
| • Indian Health Service, Division of Diabetes Treatment and Prevention   |  |
| • Joslin Diabetes Center   |  |

#### **NEED**

About 215,000 school-aged children and adolescents have diabetes and the numbers keep increasing each year with more new cases of diabetes being diagnosed in young people. Diabetes is a serious chronic disease

that must be managed 24 hours a day, 7 days a week. In a supportive environment, where school personnel understand the needs of students with diabetes and can respond appropriately in emergency situations, young people can manage their diabetes effectively.

The NDEP produced the *School Guide* in response to the need to educate school personnel about diabetes and to foster a team approach to effective diabetes management. The first edition of the *School Guide* was produced in 2003 and over 100,000 copies were distributed. The NDEP convened a group of content experts and practitioners in the field to help write the updated guide, reflecting current diabetes management practices and incorporating suggestions from user feedback on the first edition.

## KEY CONTENTS

The *School Guide* provides school administrators, school nurses, school personnel, diabetes health care professionals, and parents/guardians of students with diabetes with comprehensive information about diabetes management and user-friendly tools. Contents include:

- **Diabetes Primer for School Personnel**, including new information such as a 3-tiered approach to designing diabetes training, updated information on diabetes equipment and insulin supplies, carbohydrate counting and computing insulin doses, and stages of child development and corresponding self-care abilities
- **Copier-ready Action Plans** with the roles and responsibilities for key school personnel, parents/guardians, and students with diabetes so that everyone knows what's expected of them
- **Tools for Effective Diabetes Management**, including a sample Diabetes Medical Management Plan, Individualized Health Care Plan, and Emergency Care Plans
- **School Responsibilities Under Federal Laws**, developed by the Civil Rights Division of the U.S. Department of Education
- **Resources** on diabetes information, education, and training available from supporting organizations
- **Glossary of Diabetes Terms** from A to Z to help educate school personnel
- **Bibliography** of relevant articles on diabetes management at school

## HOW TO OBTAIN COPIES OF THE *SCHOOL GUIDE*

To obtain a free copy of the guide, call the NDEP at 1-888-693-NDEP (1-888-693-6337). For multiple copies, download and complete the order form on the NDEP website. The first copy is free; each additional copy is \$3 and you can order up to 6 copies. You also may download and print out the guide – without copyright restrictions -- from the NDEP website at <http://ndep.nih.gov/hcp-businesses-and-schools/Schools.aspx>.

## FOR MORE INFORMATION, CONTACT:

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